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rabadi A rich dessert sauce from India, made by reducing milk until it is maple colored and has a honey-like consistency. It may be sweetened and topped with nuts and eaten as a pudding, or thinned with water or milk and served as a drink.

rabote (rah-'bot) A ball-shaped French pastry that consists of an apple or pear enclosed in *puff pastry* and baked, then served warm or cold.

Racine Danish kringle See *kringle*.

rack oven See *oven*.

radiation heat An indirect method of heating. It may be done through the transfer of heat to the surface of a product via appliances such as toasters, broilers, heat lamps, and conventional ovens; or with a microwave, which transfers the heat to the interior of a product. Dark-colored and dull surfaces radiate more heat than light-colored or shiny surfaces.

rahat loukoum (rah-hat loo-koom) See *Turkish delight*.

raisin ('ray-zihn) A grape that has been dried, either by the sun or by hot air. California produces about half of the world's raisin supply. Raisins added to baked goods will retard staling because the high sugar content enables them to retain moisture. Soaking raisins prior to adding them to recipes is beneficial because it adds flavor and rehydrates them. In addition, raisins to be added to a frozen product such as ice cream should be first soaked in alcohol to prevent them from freezing rock-hard. The type of raisin depends on the grape used; varieties are as follows:

Dark A sweet, brownish-black raisin produced from the Thomson Seedless grape. It is the most common variety and is sun-dried, which gives it its dark color and shriveled appearance.

Golden Moist, plump raisin made from the Thompson Seedless grape treated with sulfur dioxide to prevent it from turning dark. It has a pale, golden-yellow color and is air-dried, which produces a plumper, moister raisin. It is sweet and is used in desserts and breads for both its color and its flavor. Thompson golden seedless raisins are known as *Sultanas* in Britain.

raita (rah-'ee-tah) A yogurt dip from India, served with street foods such as *puri* and *chapatti*.

raki ('rah-kee) A Turkish brandy distilled from grapes, grains, or plums and flavored with anise.

rakott palascinta (rah-'koht pah-la-'skeen-tah) A Hungarian dessert of three layers of crepes, filled with alternating layers of (1) grated chocolate, chopped walnuts, and vanilla; (2) apricot jam and brandy; and (3) curd cheese, vanilla sugar, eggs, and lemon zest. The last crepe is put on the top, covered with meringue, and baked. The dessert is served warm.

rambutan ('rahm-boo-than) A small tropical fruit related to the lychee, native to Malaysia. It grows all over Southeast Asia, and is recognized by its thick, reddish-orange leathery rind covered with bristly strands that look like hair. The firm, juicy, grape-like edible pulp is translucent white and contains a single pit. The flesh has a sweet, slightly acidic flavor. Available October to May.



ramekin ('rahm-uh-kihnh) An individual, straight-sided baking dish, made of either porcelain or earthenware. It is used to bake custards, warm desserts such as cobblers or soufflés, or chilled desserts. It is available in 2-, 4-, and 5-ounce (55, 115, 140g) sizes.

rancid The deteriorated condition of a food item caused by the decomposition of fats that results from a breakdown of fatty acids. A food turns rancid as a result of oxidation, light, heat, metal exposure, or enzymes.

Ranier cherry See *cherry*.

Rapadura See *sugar*.

rapeseed oil Another name for *canola oil*.

råröda (rah-'roor-dah) A Scandinavian spread made with gently crushed and lightly sweetened raw *lingonberries*. It makes a nice accompaniment to bread, crepes, waffles and desserts.

ras el hanout ('ray-sehl-hahn-o-oot) The Moroccan term for “head of shop,” referring to a shop owner’s mix of spices, which may include cinnamon, ginger, anise, nutmeg, peppercorns, cardamom, lavender, rose petals, or anything else that makes it their unique spice blend.

rasgulla A Bengalese dessert that consists of a mixture of sweetened *chenna* cheese and *semolina*, formed into small balls, boiled, and soaked in light sugar syrup. Considered by some to be the national dessert of India.

ras malai An Indian dessert of delicate cheese balls simmered in syrup until they resemble dumplings. Once cooled, they are topped with toasted pistachios and almonds, and served with a thick cream sauce.

raspberry See *berry*.

raspberry liqueur See *Chambord* and *framboise*.

ratafia 1. A *liqueur* made from an infusion of apricot or peach kernels and bitter almonds. The name is believed to be from the Latin *rata fiat*, which means “let the deal be done,” because it was used as a toast when a treaty or settlement was ratified. 2. A type of almond-flavored *macaroon*.

ratafia essence A flavoring agent made from bitter almonds, used to flavor pastries, confections, and desserts.

raw milk Unpasteurized milk. It is believed to have a higher nutritional value than pasteurized milk because the natural vitamins and enzymes have not been destroyed by the heat of pasteurization. It can be found in health food stores, but may contain harmful bacteria.

raw sugar See *sugar*.

RDA The acronym for Recommended Dietary Allowance, referring to the U.S. government's recommendations of how much protein, vitamins, and minerals people should consume to maintain healthy living.

reblochon cheese ('reh-bluh-shohn) An uncooked French cow's milk cheese with a delicate flavor and creamy, soft texture. It pairs well with fruit.

reconstitute (rhee-'kohn-stih-toot) To rehydrate a dried product, usually through the addition of milk or water.

red banana See *banana*.

red bean paste A sweet paste that is made from *azuki* beans that have been cooked.

red currant See *currant*.

red date See *jujube*.

Red Delicious apple See *apple*.

Red Electra See *Quady*.

Redhaven peach See *peach*.

red rice vinegar See *vinegar*.

red shiso See *shiso*.

Red Spanish pineapple See *pineapple*.

reduce To cook a liquid until the evaporation reduces the volume and thickens the product.

reduced-fat milk See *milk*.

red velvet cake An American cake of rich chocolate cake layers that have been dyed bright red with food coloring; the layers are sandwiched with sweet cream cheese frosting. It is particularly popular in the South.

red wine vinegar See *vinegar*.

refined oils See *oil*.

refiner A machine that uses rollers to reduce the particle size of mixtures such as *gianduja* and *marzipan*.

refractometer A tool used to measure *Brix*. It is more expensive than a *hydrometer*, but faster and easier to use.

refrigerator cookie See *cookie*.

Rehrüken ('reh-ruhr-kehn) The Austrian word for "deer," referring to a delicate chocolate-almond cake baked in a mold that resembles a saddle of venison. It is covered in chocolate glaze and garnished with toasted almonds that are meant to look like the fat on a real roast of venison.

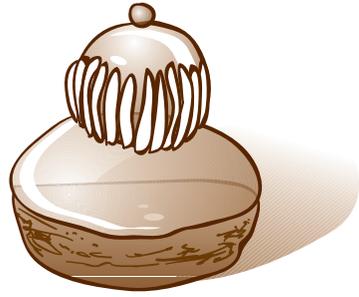
Reims biscuit (rayms biscuit) A small, light crunchy French biscuit, created in the 18th century as a way to use the remaining heat of an oven after baking bread. The original biscuit was white and heavily dusted with confectioners' sugar, but was later colored pink and flavored with vanilla. They pair well with Champagne.

Reineclaude plum ('rehn-eh-clod-eh plum) See *plum*, *greengage*.

Reine de Saba ('rehn-eh deh zah-bah) See *queen of Sheba*.

Reinette ('reh-neh) A variety of French apple that has a dull green skin and slightly dry, sharp flavor.

religieuse (rehl-li-zhoos) The French word for “nun,” referring to a pastry of two *pâte à choux* puffs, one larger and one smaller, that are filled with a flavored *pastry cream* and glazed with *fondant* of the same flavor. The smaller choux is attached to the top of the larger choux and decorated with *buttercream* of the same flavor. The pastry was created in 1856 by a French *pâtissier* named Frascati. The original version was made with chocolate buttercream and white fondant, in an effort to create a pastry that resembled a nun in her habit.



rennet ('rehn-net) A coagulating enzyme obtained from the stomach lining of a young animal, usually a calf. It contains an enzyme called *rennin*, which causes the milk to curdle. It is used to make *cheese* and *junket*, and is available in tablet or powdered form. A form of vegetable rennet is also available to make kosher and vegetarian cheeses, which comes from plant enzymes that have similar coagulating effects.

rennin See *rennet*.

rest See *12 Steps of Baking* appendix.

retard To slow down the yeast fermentation in a bread dough by placing the product in a *retarder* or refrigerator. This gives the baker flexibility in the production schedule and also the ability to change the flavor and aroma of the bread. For example, fermenting *levain* in a retarder overnight increases the acidity of the bread, affecting the taste.

retarder A piece of bread equipment that resembles an upright refrigerator and is used to *retard* doughs. It is often available with a humidity control feature as well as a retarder/proofer combination. This electronic device allows the baker to control the temperature and time.

retsina (reht-see-nah) A Greek wine flavored with pine tree resin, which gives it a distinctive turpentine flavor. It has been made for over 3,000 years, and is available in either white or rosé; it should be served very cold.

revani (rey-vah-ne) A Greek semolina cake that is soaked in sugar syrup flavored with orange flower water, almond extract, and lemon zest.

reverse puff pastry A technique for making *puff pastry dough*, whereby the butter encloses the dough rather than the dough enclosing the butter. Although it is more difficult to prepare, it can be made and baked without a final rest; also, it shrinks less than classic puff pastry.

reverse shell See *shell*.

rheology A variety of tests performed on a sample of flour in order to measure its strength and baking ability.

Rhode Island greening apple See *apple*.

rhubarb ('roo-bahr) The edible stems of a leafy vegetable in the buckwheat family. The leaves are toxic, owing to their high level of oxalic acid, so only the pinkish-red stalks are used. When cooked, rhubarb turns soft and stringy but its tart flavor is often paired with strawberries and ginger in pie fillings. Available early winter to early summer. Also known as *pie plant*.

rhubarb relish A condiment made of cooked rhubarb, onions, brown sugar, salt, pepper, cinnamon, and cloves. It makes an excellent spread for breads.

ribbon A culinary term referring to the thickness of a batter after it has been cooked or whipped. When the spoon or whip is lifted up and moved from side to

side, the batter falls in “ribbons.” Also, when a product is whipped to a ribbon-like consistency, it is said to have reached the *ribbon stage*.

ribbon sponge See *jaconde*.

ribbon stage See *ribbon*.

Ribier grape See *grape*.

rice The edible seed of a cereal grass, a major food staple for over half of the world’s population. There are many varieties, classified as short-grain, medium-grain, or long-grain. *Short-grain rice* has fat, white, roundish grains that have a high starch content. It is preferred in Asia because, when cooked, the grains stick together, making it easy to handle with chopsticks. *Medium-grain rice* is shorter and plumper, but not as starchy. It produces a fluffy product, but has a tendency to become sticky when cool. *Long-grain rice* is four times as long as it is wide and produces a fluffy product whose grains separate easily. White rice is the most commonly used long-grain rice.

Arborio An Italian rice that is shorter and fatter than regular short-grain rice. Its high starch content renders a creamy texture and it is traditionally used to make risotto.

Basmati An aromatic, nutty, long-grain rice from India.

Brown Made from the entire grain, with only the inedible outer husk removed. It has a chewy texture and nutty flavor. It is more nutritious than white rice, but the high fiber content shortens its shelf life.

Carolina A popular American long-grained rice that was first planted in North Carolina in the late 17th century. It is now cultivated in Texas, California, Louisiana, and Arkansas.

Converted/Parboiled More commonly known by the brand name Uncle Ben’s, the grain is treated with a pressurized steam that takes the vitamins and minerals out of the bran and concentrates them in the kernel. This process also gelatinizes the starches, which yield a fluffy, separated cooked product.

Flaked Short-grain rice that has been flattened, parboiled, and sometimes tinted green. It is used in Asia to make puddings and other sweets.

Glutinous A short-grain rice that has a high starch content.

Instant/Minute/Quick Rice that has been fully or partially cooked before being dehydrated and packaged.

Jasmine A fragrant long-grained rice from Thailand.

Mochi A sweet, short-grained, glutinous rice from Japan.

Sticky A short-grained rice from Asia that is sticky when cooked. It is used extensively in Southeast Asian pastries, desserts, and confections. In Thailand, a popular dessert called sticky rice with mango is made by cooking the rice in coconut milk and serving it with sliced fresh mango.

White Long- or medium-grained rice that is whitened by removing the husk, bran, and germ of the kernel. This process strips it of its nutritional value but increases its shelf life. It also gelatinizes the starch in the grain, which produces a fluffy, separated rice when cooked. It is often enriched with iron, calcium, and vitamins to compensate for the loss of nutrients during the whitening process.

Wild Mistakenly referred to as a rice, this nutty-flavored, chewy textured product is the long-grain seed of a marsh grass.

rice bran The outer layer of the rice kernel, which is high in soluble fiber and believed to lower cholesterol.

rice flour See *flour*.

Rice Krispies A breakfast cereal produced by the Kellogg Company since 1928. The flakes are made of rice grain that is cooked, dried, and toasted. When the cereal is mixed with milk, the thin walls collapse and the famous “Snap, Crackle and Pop” can be heard.

Rice Krispie treats An American snack of Rice Krispies, melted butter or margarine, melted marshmallows, and vanilla, shaped into a bar cookie and baked. They were invented in the 1930s by a Kellogg’s employee named Mildred Day, as a way to raise money for the Campfire Girls organization.

rice paper A thin, edible, translucent paper made from finely ground rice flour or the pith of the Chinese rice-paper plant and water. It is available in different sizes and shapes, including round, square, and rectangular. The flavorless sheets are used as separators for stacked tiers of wedding cakes, as baking liners, as wrappers that may be deep-fried, and for decorative purposes because they can be painted or printed on with edible dyes.

rice pudding A creamy, custard-like dessert made by slow-cooking rice in milk or another liquid and flavoring it with spices, vanilla, chocolate, nuts, fruit, or sugar. Virtually every country has some version of this popular dessert.

ricer A kitchen tool that reduces food to rice-like particles. The food is placed in a metal hopper and is pushed through a grated die with a plunger. It is often used to make mashed potatoes and other items where creaminess is desired.

rice starch A widely used starch in the commercial food industry, due to its ability to vary gelatinization temperatures, produce desirable texture, and stabilize. It can replace fat or give sheen to a sauce. The starch is extracted from white rice that has been steeped in a caustic soda solution to separate the rice starch from the protein. See also *starch*.

rice syrup A healthy sweetener made from rice starch. It has a brownish-tan color and distinct flavor.

rice wine A sweet, low-alcohol Asian wine made from fermented rice. The most well known is Japanese sake.

rice wine vinegar See *vinegar*.

ricotta (rih-’kaht-tuh) The Italian word for “recooked,” referring to a rich, fresh, white Italian cheese that has a slightly grainy texture and moist, slightly sweet flavor. It was originally made by recooking the *whey* that is drained off while making other cheeses such as *provolone* and *mozzarella*. Today, it is made with a combination of whey and whole or skim cow’s milk. In other countries it may also be made from sheep or water buffalo milk, which gives it a richer flavor. It is used as an ingredient in many classic Italian desserts such as *cassata*, and *cannolis*. It may also be used in *cheesecakes* or sweetened and served with fruit for dessert.

Riesling (’reez-ling) A white wine made from the Reising grape, native to Germany. It ranges from dry to very sweet and is characterized by a floral aroma and spicy, fruity taste. It is considered by many wine experts to be the most noble white grape variety in the world. In the United States, Rieslings are sometimes referred to as *Johannisberg Riesling*, after the German city of Johannisberg, which is famous for its Riesling, and are primarily produced in California. The very sweet German Rieslings can contain up to 30% residual sugar and are referred to as *Trockenbeerenauslese*. They make excellent dessert wines and pair well with fruit and nuts.

Ricó Jancsi A chocolate pastry from Hungary that consists of two layers of rich chocolate cake filled with a whipped orange-flavored chocolate *ganache* and

covered in chocolate ganache. It is named after a famed 19th-century gypsy violinist who was said to have broken many hearts.

rigodin (ree-go-'dayn) A pudding from Burgundy, France. It is made by combining milk-soaked brioche pieces with chopped walnuts, hazelnuts, and cinnamon. After baking it is traditionally served warm with fruit compote.

rijsttafel ('rah-jahst-fuhl) The Indonesian word for "rice table" that refers to a lavish feast with multiple dishes and courses.

rind The outer skin of citrus fruits. See also *zest*.

rioler (re-yoh-lee) A French culinary term that refers to arranging straight or fluted strips of dough on top of a pastry item to form a crisscross pattern or lattice design.

Rio Oso Gem peach See *peach*.

rissole (rih-sohl) A sweet or savory pastry that resembles a turnover. It may be filled with cooked fruit, cream, or jam and either baked or fried. There are many regional variations around the world; it is a popular snack in Australia, Brazil, and Indonesia.

riz à la Conde A ring-shaped chilled rice pudding set with gelatin and filled with poached apricots, served with Kirsch-flavored fruit sauce. It is one of many dishes that are named in honor of the famed French general, Conde.

riz à l'imperatrice (ree ah lahn-pehr-ah-trees) French for "as the empress likes it," referring to a rich rice pudding made with whipped cream, candied fruit, and vanilla custard.

rizcous (reez-koos) A California product made from broken brown rice grains, which is no longer available in the United States.

Robusta coffee bean See *coffee*.

rocher (roh-shay) A French confection made by baking slivered almonds in a sugar mixture until crystallized. Once cooled, they are broken into small, irregular pieces and thinly coated with dark chocolate. The name derives from the French word for "rock" because the finished product resembles small rocks.

rock and rye An American liqueur based on rye whisky flavored with citrus and bottled with a chunk of rock candy in it.

rock bun A spicy, cookie-like British cake packed with coarsely chopped dried fruit and baked in a small mound, which gives it a rock-like appearance.

rock candy A sweet, hard candy that is made by slowly evaporating a concentrated sugar syrup until it crystallizes into chunks. It is typically formed around small wooden sticks and dipped into cocktails, coffee, or tea to sweeten the beverage.

rock salt See *salt*.

rock sugar See *sugar*.

rocky road A bumpy looking candy that consists of miniature marshmallows, nuts, and chocolate pieces. It is also a popular flavor combination for ice cream.

rodgrod ('rahd-grod) A Norwegian pudding made by cooking crushed berries and fruit with starch until thick. Once set, it is served chilled with whipped cream.

rolled cookie See *cookie*.

rolled fondant A wedding cake icing with a pliable, doughlike consistency, made from confectioners' sugar, corn syrup, glycerine, and gelatin. It is rolled out with confectioners' sugar and draped over a cake to create a smooth surface. It is also

used to make swags, bows, flowers, and other decorative items; although it is white, it may be tinted. Although it can be made by hand, it is labor-intensive, so it is usually purchased from specialty vendors in bulk. Fondant must be stored in a cool, dry area or it will dry out and crack; if this happens, it may be reconstituted with a little water.

rolled-in dough See *laminated dough*.

rolled oats See *oats*.

rolling pin A long wood, plastic, brass, glass, marble, or porcelain tool used to roll out dough. Rolling pins are available in different sizes, and wood is the most popular. Some pins contain a hollow tube, meant to be filled with ice water in order to keep the dough cool during rolling. There are several types of rolling pins, including:

American A sturdy, heavyweight pin with a handle on each side.

Basketweave A plastic pin with a decorative pattern. It is typically rolled over *fondant* or *marzipan* to produce a basketweave effect. Different varieties produce deeper and more defined patterns than others.

French A thinner version of the American pin, with no handles.

Marzipan A decorative pin used to create a checkered design or a pattern of fine parallel lines.

Pizza A one-handled pin that requires only one hand to roll the dough so the other is free to turn the dough as it is rolled out.

Springerle A German rolling pin with an etched design that imprints the dough as it is being rolled.

Tapered A pin with tapered ends, popular for rolling out circles of dough since the dough can be rotated easily during rolling.

Tarla A hardwood pin covered with a thin sheet of copper, and with short knobbed handles. It maintains coolness when rolling out dough with a high butter content and warm products such as *nougatine*.

Tutové A heavy-duty French rolling pin made of hardwood or plastic, used to distribute butter evenly between layers of dough.

roll out To flatten a piece of dough with a *rolling pin* until it is a smooth, even layer, extensively for pie and tart doughs.

roly-poly A British steamed pudding made by filling a suet pastry crust with jam and dried fruits, and then rolling it into a cylinder with a moist cloth.

Roman fennel See *fennel*.

Rome Beauty apple See *apple*.

rooibos ('roy-boss) The South African word for "red bush," referring to a shrubby legume used to make a popular tisane called *African Red tea*.

root beer A soft drink made with root beer extract, carbonated water, and other flavored syrups. It was created by a Philadelphia pharmacist named Charles Hires, in the mid-1800s, and the original version was alcoholic and made by fermenting a blend of sugar, yeast, sassafras root, cherry tree bark, licorice root, and spices.

root starch See *starch*.

Roquefort cheese ('rohk-furt) A pungent French ewe's milk blue cheese with a rich, crumbly texture and tangy, slightly salty flavor. It is characterized by its creamy white color streaked with veins of blue mold. European law dictates that only cheeses aged in the Cambalou caves of Roquefort may be called such. Considered to be the king of cheeses, it is used in savory breads and pairs well with dessert wines.

Rosalind A sweet confection of two light *sponge cakes* sandwiched together with raspberry jam and coated with a pink cherry-flavored *fondant*. Named in honor of the Shakespearian character Rosalind in the play *As You Like It*.

rosé (roh-'zay) 1. A highly regarded style of Champagne made with a blend of Chardonnay and Pinot Noir grapes. Depending on the percentages of each grape used, the color can range from light pink to coppery salmon, and the body from light and delicate to full and rich. The flavor profile ranges from dry to sweet, with a variety of overtones including fruit, honey, vanilla, and flowers. See also *Champagne*. 2. A pink-hued, nonsparkling wine that ranges from dry to sweet.

rose hip The reddish-orange berry-like fruit of the wild, rugosa, or dog rose. It is used to make jam, syrup, and tea. Rose hips are high in vitamin C; they may be dried and ground into a powder. They are sold in health food stores.

rosemary An aromatic herb native to the Mediterranean but now cultivated throughout Europe and the United States. It is a member of the mint family; it has needle-like evergreen leaves that have a pungent piney flavor. Rosemary is a popular flavoring for breads and pairs well with lemon. It is available fresh, dried, or ground and should be used sparingly owing to its strong taste.

rose nail A small, flat metal disc attached to a thin, screwlike handle, used to make *buttercream roses*. See also *flower nail*.

rosette (roh-'sette) 1. A decorative swirl piped on a cake with a *star tip*. Whipped cream, *buttercream*, or *ganache* may be used. It can also be created with a firm *cookie dough*, which will retain its shape after baking. 2. See *rosette iron*.

rosette iron An L-shaped iron rod with interchangeable metal plates, used to make small, deep-fried cookies from Sweden. The iron comes in various shapes, including hearts, butterflies, snowflakes, stars, and flowers. The iron is dipped into a thin, sweet batter and then dipped into hot oil and the dough fried until golden brown. The rosette cookies are then drained on paper towels and sprinkled with sugar. The cookies are known as *sockerstruvor* in Swedish.



rosewater A highly perfumed distilled liquid made from rose petals. It is used as a flavoring agent in Middle Eastern confections.

rosé wine A light-bodied and slightly sweet rose-colored wine, also known as *blush wine* in the United States.

rotating oven See *oven*.

Rothschild The name given to dishes created in honor of the Rothschilds, a famous banking family. One of the most well known is *Rothschild soufflé*, created by Antoine Carême.

Rothschild soufflé A soufflé containing candied fruits soaked in *Goldwasser*; created by Antoine Carême in honor of the famous Rothschild banking family.

roti ('roh-tee) A round, flat unleavened bread from India. It is usually made with whole wheat flour and baked on an iron griddle called a *tava*. Depending on the region, there are many variations of roti, each with its own name. In Sri Lanka, roti are made with white flour and coconuts, and eaten as a snack with coffee, tea, or fresh juice. In Rajasthani, they are called *batia roti* and filled with salt, cumin, pepper, and fresh coriander, and spread with *ghee* before baking. In northwestern India, they are called *besan roti* and made with chickpea flour; they are thin, have

a pale-yellow color, and are flavored with onion and cumin seeds. There is also a *roti jala*, which is made from a thin batter and resembles a lacy, layered pancake. In Thailand (maida paratha), Malaysia (*roti canai*), and Singapore (*roti prata*), the bread is typically drizzled with condensed milk and eaten as a warm snack. Roti are also popular in the West Indies, where there are many variations as well.

roti canai See *roti*.

roti jala See *roti*.

roti prata See *roti*.

roughage See *fiber*.

roulade (roo-'lahd) The French word for “roll,” referring to a sweet or savory item that has been stuffed and rolled. In pastry, it is typically a thin *sponge cake* that is filled with jam or cream and rolled into a cylinder. It is similar to a *Swiss roll* but richer and smaller in circumference.

roxédes (rok-'say-dees) An unbaked Greek *marzipan*-type delicacy made with grated white almonds, coarse sugar, lightly beaten egg whites, and flower essence. It is formed in various shapes and served at weddings and other special occasions.

Rowntree's Chocolate Crisp See *Kit-Kat*.

Royal Anne cherry See *cherry*.

royal icing A smooth, glossy white icing made from sifted confectioners' sugar, egg whites, and a few drops of lemon juice. *Glycerin* is sometimes added to prevent the icing from becoming too hard. It is used as a decorating medium on cakes, particularly wedding cakes, and may be tinted with food coloring.

royal shortbread See *shortbread*.

rubber spatula A hand tool used for scraping batter or other mixtures from a bowl, or for mixing or folding ingredients. Spatulas come in different shapes and sizes, but all are flexible pieces of rubber attached to a short handle. It is recommended to use heat-resistant ones as they do not melt or absorb odors.

Ruby Port See *Port*.

rugalach ('ruh-g-uh-luh) A rich, crescent-shaped, bite-size Jewish pastry made with a *cream cheese dough* and filled with jam, nuts, fruits, poppy seeds, cinnamon, chocolate, or raisins.

ruisleipa (roo-ee-slee-pah) A lightly yeasted Finnish rye *flatbread*. They may be eaten fresh and soft or dry and crisp. Traditionally they are made in large batches only a few times a year. A hole is cut out of each center so they can be hung high on poles or cords to dry.

rum A distilled spirit made from fermented sugarcane juice. The majority of rum is produced in the Caribbean. Depending on type, it is aged from one to 10 years and ranges in proof from 60 to 151. There are several varieties, including light, dark, spiced, or flavored. *Jamaican rum* refers to any dark rum from that region. *Demerara rum* is the strongest and darkest rum, made from sugarcane that grows along the Demerara River in Guyana. Rum is used as a flavoring in many desserts and confections.

rum butter A traditional hard sauce consisting of a mixture of unsalted butter, sugar, and rum, served with *Christmas pudding* in Britain.

Rumtopf (rhome-tahpf) The German word for “rum pot,” referring to a German dessert made by mixing various fruits, sugar, and rum and aging it in a stoneware or glazed pottery pot with a lid. It is stored in a cool, dry place for several months until the fruit is fully ripe and still firm, then served with whipped cream, ice cream, or custard.

run-out A decorative garnish made from *royal icing*. The design is placed under a sheet of parchment paper and outlined with a thick layer of royal icing. Once hardened, a thin royal icing is flooded in. The result is a smooth, slightly raised design that is used as a two-dimensional garnish on wedding cakes and other confections. This technique can also be used with chocolate. Also known as *floodwork*.

rusk (ruhsk) A thick or thin slice of yeast bread that has been rebaked until dry, crisp, and golden brown. It may be plain, sweetened, or flavored with nuts, dried fruits, or spices. A European snack, the plain version is known as *Zwieback* in Germany.

Russian tea cake See *Mexican wedding cookie*.

rye bread A dense, strong-flavored bread made from a *rye dough* that contains a high percentage of rye flour. The bread may be light or dark, and is often made with a sour starter.

rye dough Used in the production of *rye bread*, it consists of clear flour, rye flour or rye sour dough starter, yeast, and salt. Many rye doughs contain molasses for flavor and color and are garnished with caraway seeds.

rye flour A low-gluten flour milled from the grain of hardy rye cereal grass. Although it contains a similar amount of protein as wheat flour, it is low in *glutenin* and high in *pentosan gums*, which interfere with its gluten-forming ability. The high gum content helps provide structure, but also causes it to absorb large amounts of water, which can make the dough gummy and sticky. Wheat flour is usually added to compensate for the gluten deficiency. There are various types of rye flour, which include:

Dark Produced from the outer layer of the endosperm.

Medium Produced from whole rye grain with the bran removed.

Light or White Produced from the center of the rye endosperm.

Pumpernickel A coarse grade of rye meal that is ground from the whole kernel.

